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SAVAGE CITY?
FORMER MP EXPECTED
TO ANNOUNCE RUN
FOR MAYOR {page 4}



STAR SEARCH

TWO MOOSE LOOK TO TURN HEADS

{page 24}

HALIFAX

metro

Tuesday, January 31, 2012
www.metronews.ca



News worth sharing.



They're. Back



► People make their way towards the Centre Block of Parliament Hill in Ottawa on Monday as regular business resumes following the winter break. See story on page 9.

SEAN KILPATRICK/THE CANADIAN PRESS

Politicians in the House

Transit deal before union

► Negotiators working long days and into night in search of an agreement ► Provincial conciliator is helping with negotiations



JENNIFER
TAPLIN
@METRONEWS.CA

It's crunch time as the transit strike deadline looms.

Metro Transit came forward with a new package for the Amalgamated Transit Union 508 to consider on Monday morning.

Union spokesman Shane O'Leary said the employer decided on Sunday to go back and present something new on Monday morning. It's a lengthy, legal document that the union bargaining unit took most of the day reading over.

When asked if there has been movement from Metro Transit, O'Leary said there has, but it might not be enough.

He was unable to give any further update late last evening.

One of the biggest sticking points for the union is the possi-

bility of contracting out the maintenance department, Access-a-Bus, ferries, the receiver's office, and possibly conventional transit.

"A strike is not beneficial to anybody — not to the drivers, ridership or taxpayers," Mayor Peter Kelly said about the situation on Monday. "For us, it's wanting to be reasonable and respectful and to find the balance to the issues at hand."

Kelly said while other departments are facing cutbacks in the budget talks now underway, Metro Transit will see an increase in their budget. Service will be expanding, including a route to the airport, as well as the purchase of new buses.

"Metro Transit is the only department that is getting an extensive investment," he said.

Kelly didn't want to talk about the prospect of a transit strike, instead he said he's focusing his efforts on coming to a resolution



"At no time is a strike at a good time, election year or any other time. It is a matter of operation sustainability."

MAYOR PETER KELLY

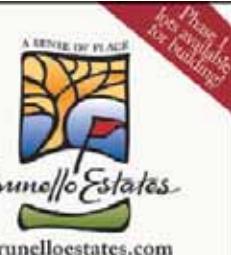
before the deadline on Thursday. HRM has no back-to-work enforcement option, like the provincial or federal government can use during a strike.

More coverage {page 3}



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- Those who depend on transit wonder how they'll get around if workers go on strike
- Cab drivers could work longer hours, but the number of taxis is restricted
- Bus and ferry riders are already considering their transportation alternatives



RYAN TAPLIN/METRO

Stuck without a ride in HRM?

JENNIFER
TAPLIN
@METRONEWS.CA

A transit strike would be a minor inconvenience for some, but for many others it would mean a complete rearrangement of their daily lives.

Coady Craig, 17, is one of about 96,000 daily Metro Transit riders waiting to see if HRM and the union representing city transit workers can arrive at a deal before the strike deadline of Thursday at 12:01 a.m.

"Metro Transit keeps me going to school, pretty much," he said. "I would have to change my sched-

ule all around. It would really screw me around."

Craig usually hops on the bus at about 5:30 a.m. near his home in Westphal and makes a stop at the Dartmouth Sportsplex for a workout before heading to school. If there's a transit strike, he faces an untenable three-hour walk.

Donna Dowd has no idea what she will do without the bus, since she doesn't have a car.

"I walk a fair amount, but we need the bus, too," Dowd said Monday while waiting for a bus at the Dartmouth bridge terminal. "Hopefully ... they won't go on strike."

"I can't think of anything we can do because we have no other way of transportation. That's it."

DAILY METRO TRANSIT RIDER
DONNA DOWD

Dowd said she doesn't have the money to pay for a cab every day.

As for the taxi companies, there's little they can do to prepare for a transit strike. The municipality restricts the number of cabs on the road.

"Most drivers will work more hours if they can

make more money, but there's a limitation to what anyone can work, safely," said Lorne Baccardax of Yellow Cab.

Baccardax remembers the chaos during the last HRM transit strike 14 years ago.

"A lot of people who never used taxis called and they expected they're going to have on-the-moment service, and I don't think the industry is able to respond that way," he said.

Also, sections of the city were left uncovered simply because taxis were so busy taking people to work downtown during the last strike.

Strike zone

Metro asked readers: What effect, if any, would a Halifax transit strike have on you?

Via Twitter:

- **@Nico G:** big impact — not being able to get to school in the morning. Police/EHS/Fire can't strike, same should go for public transit.
- **@Meg:** I would have to walk an hour to school each day or throw my last semester away.
- **@bluenose:** I live in Cole Harbour and work in Halifax, it will be an awfully long walk to work.
- **@Paige:** I'm on crutches. I would be stuck on campus, no going for groceries, no going downtown for my 19th birthday this weekend.
- **@Sarah Kraus:** I'd have to quit my job because, as a student, I don't have an extra hour to walk to/from work instead of busing.
- **@Mike Foley:** It will affect everyone in one way or another! I support the workers & their right to strike! Good paying jobs are needed!
- **@Gloria:** (It) would mean I can't go to the movies or to see my family in Halifax :(

Via Facebook:

- **Jenna LeBlanc:** It's a three-hour walk across two cities to get to school. I really hope the city reaches a deal!
- **Tiffany Ellis:** \$30 a day cab rides to and from Burnside. Or rides with total strangers. It's my only mode of transportation.
- **Stephanie Jardine:** I'd never get to work! And neither would my husband who works downtown and we're in the Clayton Park area!! I am really hoping this doesn't happen!!!!
- **Tam Arabi:** I support the transit workers. They deserve a fair working situation. This won't happen without a fair contract. Instead of focusing on how this will affect us and put our rage on workers (or even unions!), call your councillor, rep and mayor Peter Kelly and pressure them to give the workers a better contract.

1
news



From nuclear terrorism to personal theft, Indy battens down hatches for Super Bowl. Scan code for story.

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On the web at metronews.ca



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Savage to make mayoral announcement Monday

- Former MP expected to announce he is running for mayor's seat
- Four candidates already declared, Kelly all but confirmed



► Former MP Mike Savage, shown in this file photo, is expected to announce next week that he'll be running for mayor of HRM.

 **ALEX BOUTILIER**
@METRONEWS.CA

Former Liberal MP and perpetually rumoured mayoral candidate Mike Savage is planning an announcement for next week.

Savage is expected to announce his bid for the mayor of HRM at Alderney Landing next Monday.

"We've been looking at a couple of options to make an announcement and that seems to be the most likely one," Savage

told Metro Halifax on Monday afternoon.

"It's possible that we may change the timing or the day or something like that but we're going to make an announcement. I'm going to make an announcement."

Savage refused to elaborate on just what announcement may be. But it's perhaps the worst-kept secret in Halifax politics that the former representative for Dartmouth-Cole Harbour MP has been raising money and putting together a campaign team.

"I think people probably have it figured out," he said.

Savage would be up against four declared candidates — taxi driver David Boyd, former Halifax Regional Police detective Tom Martin, north-end Halifax

"I think people probably have it figured out."

MIKE SAVAGE, ON WHETHER HE'S RUNNING FOR MAYOR OF HRM

businessman Fred Connors, and Dalhousie University student Matthew Wornona.

Incumbent Mayor Peter Kelly is widely expected to run for another term, although he hasn't officially declared.

Restaurateur Lil MacPherson has said she's considering a run, but has yet to declare. Halifax-Chebucto MLA Howard Epstein, another frequently rumoured mayoral hopeful, is also still mulling over a possible run.

Cape Breton man dies after stabbing in Alberta

A complaint about the noise coming from a hotel room in the resort town of Jasper, Alta. escalated into the stabbing of a young man from Cape Breton.

Kenzie John Beaton, a 22-year-old from Mabou, Inverness Co., died Saturday evening after suffering a single stab wound to the lower abdomen.

Jasper RCMP Sgt. Dave

Maludzinski said a 21-year-old Edmonton man was arrested at the hotel minutes after police received the call at about 4 a.m. Saturday.

Cody Kyle Jensen, of Edmonton, is in custody facing second-degree murder charges.

Police say the accused and the victim did not know each other.

CAPE BRETON POST



► Kenzie John Beaton

Working out West

- Kenzie John Beaton was living in Edson, a town about 200 kilometres west of Edmonton. He was working as a lineman for one of Alberta's electrical utilities.
- He moved to Alberta almost two years ago.

High school mourns loss of student

It was a difficult day for students and staff at Eastern Shore District High School Monday after learning one of its own was killed in a car crash on Highway 107 near Musquodoboit Harbour on Sunday.

Halifax RCMP identified the victim as Tomas Campbell, a 16-year-old student at the school.

"The kids came in the school, and were very somber and very serious," Pat Savage said by phone on Monday.

"We did have some kids who went to speak with the counsellors. We did continue with our regular schedule of exams for those kids who were able to write them."

Police spokesperson Const. Tammy Lobb said Campbell was travelling east on the highway just before 4:30 p.m. on Sunday, when he lost control of his vehicle, before going into the opposing lane and colliding with a Ford Escape.

Campbell was pronounced dead at the scene while the driver of the Ford Escape was transported to Musquodoboit Hospital

"I do think a lot of kids need to get together with friends to make sense of an event like this."

EASTERN SHORE DISTRICT HIGH SCHOOL PRINCIPAL PAT SAVAGE

with minor injuries and later released.

"At this point, the investigation is still ongoing," Lobb said as to the cause of the crash.

Savage said most students knew prior to going into school a student had died.

For those who didn't know, an announcement was made prior to the start of exams, and it also advised that counselling was available.

On his Facebook page, Campbell, who is from the Musquodoboit area, is described as loving many sports, including boxing and hockey.

"RIP Thomas Campbell, your life was taken too early," a post on Campbell's Facebook wall says. "You won't be forgotten, buddy. Prayers to you and your family."

● PHILIP CROUCHER

Men in ski masks rob Needs store

A Needs store in Eastern Passage was robbed on Sunday night.

Halifax RCMP say they were called to the Needs store on Main Road in Eastern Passage shortly before 6 p.m. on Sunday. Two men wearing ski masks entered the store and demanded cash. Once they got the money they took off. No one was injured.

RCMP did not release any suspect descriptions but asked for anyone with information to contact them or Crime Stoppers.

● METRO

Person on 'high risk' list arrested

Halifax police announced another HEAT list arrest on Monday.

The latest list of nine outstanding warrants from the High Risk Enforcement Action Team (HEAT) was released on Jan. 19. On Monday, Halifax Regional Police said they arrested the second man wanted on that list.

Corey James Boyle, 36, was wanted for fraud and uttering forged documents. Police searched a residence on Pelzant Street in Dartmouth on Friday and arrested Boyle.

● METRO

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ROADS

Man charged after fatal crash

A 36-year-old man is now facing charges after a fatal crash in Mosherville, near Windsor, last week.

Steve Douglas Saunders of Mosherville was charged with impaired driving causing death

and refusing to provide a breath sample, RCMP said Monday.

The charges stem from a Thursday night crash involving a car submerged in a pond. A woman was rescued from the vehicle and taken to Hants County Community Hospital where she was pronounced dead.

Saunders was released from police custody and is scheduled to appear in Windsor Provincial Court on Feb. 28.

• METRO

Nash backed by three in N.S. NDP

Federal NDP leadership candidate Peggy Nash says three NDP members of the Nova Scotia legislature have endorsed her candidacy.

Nash issued a statement Monday saying

Pam Birdsall, Vicki Conrad and Labour Minister Marilyn More are lending their support to her campaign.

Nash, the Toronto MP for Parkdale-High Park, has also received an endorsement from former federal NDP leader Alexa McDonough, who is former MP for Halifax.

THE CANADIAN PRESS

N.S. to make the case for more immigrant workers

Under federal immigration program, province up for 500 nominees a year

The province is putting together a case for higher immigration quotas under the Provincial Nominee Program.

Under the program — a joint federal and provincial initiative designed at addressing labour market needs by attracting skilled foreign workers — Nova Scotia is eligible for up to 500 nominees per year.

Office of Immigration Executive Director Elizabeth Mills said the government intends to argue for a higher cap when the provincial and territorial ministers meet with their federal counterpart, Jason Kenney, this spring.

"All of the provinces and territories ... (are) accumulating their evidence to demonstrate our need for

11,834 The amount of more immigrants Manitoba (population 1.2 million) welcomed under the Provincial Nominee Program than Nova Scotia did (population 945,437) from 2005 to 2009.

more immigrants to our respective provinces and territories," she said.

According to Mills, the objective is to raise or remove Nova Scotia's PNP quota in 2013, 2014 and 2015.

The program accounted for 42.5 per cent of landed immigrants in Nova Scotia between 2005 and 2009. The program was second only to the Federal Skilled Workers initiative in terms of attract-

ing immigrants to the province.

A federal evaluation of the program released last week revealed that only 56 per cent of program applicants landing in Atlantic Canada between 2000 and 2008 stayed in the region. Nova Scotia has a slightly better retention rate — 68 per cent — but still lagged behind the national average of 82 per cent.

The report did not recommend changing the provincial and territorial quotas.

That disappointed Progressive Conservative Leader and immigration critic Jamie Baillie.

"The fact of the matter is we don't need minor tweaking to our immigration plans, we need big and bold if we're going to be bringing

RYAN TAPLIN/METRO



► Jamie Baillie

in the number of immigrants we need to fuel tomorrow's economy," Baillie said.

The provincial government expects Nova Scotia's labour force to shrink by 47,000 people in the next 10 years.

• ALEX BOUTILIER

➤ MetroTransit Customer Bulletin

HRM's contract with ATU Local 508, comprised of Metro Transit Bus Operators, Ferry Crews, Fleet Mechanics, and others, expired on Aug. 31, 2011. Negotiations have been underway since September 2011, however an impasse was declared Jan. 18. On Jan. 22, ATU Local 508's membership voted to reject HRM's contract offer, which constitutes a vote to strike. **There could be a legal work stoppage as early as Thursday, February 2.**

Metro Transit assures customers that the HRM Bargaining Team remains committed to get a timely agreement on a contract deal that will mean an efficient, reliable transit system for HRM citizens.

In the event of a work stoppage, there will be no delivery of fixed route bus and ferry services; community transit; MetroX; MetroLink; or Access-A-Bus (AAB). **Note: Dialysis patients who are registered AAB users will be contacted by AAB management staff within 48 hours prior to the work stoppage deadline, to provide confirmation of any new arrangements to ensure that their dialysis treatments are not disrupted and that they continue to be accommodated.**

We recognize that our customers rely on us for daily travel to and from work or school. Carpooling is one alternative for travellers. The following Transit Park & Ride lots will be FREE for customer carpool parking in the event of a work stoppage:

Dartmouth

Maybank Field – Mic Mac Blvd
Portland Hills Terminal
Woodside Ferry Terminal

Halifax

Mumford Terminal – Near Walmart/Tim Horton's
Centennial Arena – Lacewood Dr.
Exhibition Park
South Centre Mall - Spryfield

Sackville / Tantallon

Downsview Terminal
Cobequid Terminal
Sackville Terminal
Hubley Centre

HRM's Smart Trip ride matching program is another option for customers to consider. Visit www.hrmsmartrip.ca for details on how to sign up as a driver or passenger as part of this program.



For up to date information on the potential work stoppage:

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Girl-style bullying vs. boy-style bullying



► **Mean Girls'** Regina George (Rachel McAdams), left, is a master of manipulation when it comes to social bullying, while **The Karate Kid's** Dre Parker (Jaden Smith), is physically bullied by his tormentors, who possess strong kung fu skills.

► The bullying may not always look the same, but both boys and girls bully – from name-calling to pushing, shoving and rumour mongering

 **STEPHANIE ORFORD**
HALIFAX@METRONEWS.CA
FOR METRO CANADA

Everyone knows that girls pass mean notes and use the silent treatment when they bully, while for boys, it's as simple as a punch in the face, right? Not quite.

The facts about girl and boy bullying might surprise you.

According to statistics from PREVNet, a national network against bullying, there are more similarities than differences between boys and girls when they bully.

Boys tend to bully more frequently and more physically than girls, but when it comes to social bullying, boys and girls bully at about the same levels. However, that social bullying may look different between the genders.

While boys who bully are sometimes not part of the in-crowd, girls who bully are often powerful in their peer groups, said Wendy Craig, a psychology professor at

Differences

- 18% of boys and 12% of girls in Canada report having been a bully 2 or more times in previous months.
- Boys are more likely to bully than girls, across all age groups, in 40 countries studied.
- Boys tend to use physical aggression and sexual harassment more than girls.
- Girls may be more likely to experience victimization.

Statistics from PREVNet



Dating bullying

- Girls and boys show similar levels of physical or social aggression in the context of adolescent dating.
- Girls tend to report using slightly more physical aggression than boys did.
- Indirect aggression toward a romantic partner, like ignoring and excluding, is reported more frequently than physical aggression, but seems to occur more often in later adolescence.

Pepler et al. (2006)



Queen's University and scientific co-director of PREVNet.

"That type of bullying is about hurting relationships, which are really central to girls' identity," Craig explained. Peer-group bullying can also make girls who are bullied less likely to report and retaliate because they want to regain acceptance.

"Boys are not as likely to have that popularity component," said Craig. "They

are more likely to do the direct face-to-face kinds of things, whereas girls are more likely to be more anonymous or indirect," she said.

Male social bullying might look a little different, agreed Gurvinder Singh, an adviser for the Canadian Red Cross on international violence prevention.

"It might be on the sports field playing football ... but a lot of the same dynamics are occurring."

Singh said.

Craig said that we often make the mistake of overlooking social bullying because it's harder to detect and address than physical bullying.

With social bullying, "it's difficult to get witnesses to corroborate that story," said Rob Frenette, executive director and co-founder of Bullying Canada. Witnesses often fear retaliation, he said.

Whether bullying is social or physical and perpetrated by boys or girls, bystanders play a critical role. Singh said children who bully can be just as influenced by their peers as those who are being bullied, so bystanders should make it known that they won't tolerate the bullying.

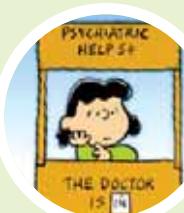
Singh said when peers intervene, bullying often stops immediately.



.....
What's more hurtful — social alienation or physical bullying? Tweet us @metrohalifax

TV bullies

Television shows us that behind the front, bullies are mostly insecure poseurs, desperately in search of love and their peers' approval.



Lucy Van Pelt
The Doctor is in since 1952

The Peanuts' resident psychiatrist is the meanest holder in football history. She sells fake field goals so well that even the kicker, invariably Charlie Brown, thinks the play is to get the ball through the uprights. Lucy's disdain for beagle slobber is outweighed only by her loathing for the Great Pumpkin. Weakness: Lucy's tough façade melts faster than an ice cube in a volcano when she's around strapping piano man Schroeder.



Sue Sylvester
Rocking tracksuits since 2009

Whether she's conspiring to take down the glee club by having one of her henchmen exchange their plane tickets to New York for a flight to Libya, or simply mocking the latest addition to Will Schuester's vast vest collection, Sue's acerbic wit and deadpan delivery are the bane of McKinley High. Weakness: Sue is prone to bouts of kindness triggered by memories of her late sister Jean, who was born with Down syndrome.



Nelson Muntz
Haw-hawing since 1990

Springfield Elementary's crown prince of doling out wedgies and playground poundings, Muntz and his goons often make Millhouse, Martin and even Bart cower in his presence. Muntz doesn't constrict his acts of intimidation to the student body, often turning his wrath toward adults and authority figures like Principal Skinner. Weakness: Nelson's crush on Lisa and his desire for acceptance can overpower his bullying compulsion.



Simon Cowell
Crushing aspiring singers' dreams since 2001

From the U.K.'s Pop Idol to American Idol to The X-Factor, the smug talent spotter is at his best in the early rounds of singing competition shows, when he gets to eviscerate hapless tone-deaf contestants. Giving the other judges grief for their misguided appraisals is a Cowell trademark, and he's got picking on Paula Abdul down to a science. Weakness: While Cowell's incisive critiques are often spot on, the man in the black V-neck can often fall under the spell of a beautiful woman for whom his ears will temporarily become more forgiving.

 **MIKE DOJC**
FOR METRO CANADA

Wednesday in Metro: Cyber bullying

In the final installment of our three-part series:

- Has Facebook allowed bullying to continue beyond the school bell?
- The stay-forever online world means not just victims could be haunted by past torments.
- Tips on making amends.
- We hear from you: Readers share their views on bullying.

TRAGEDY

RCMP probes deaths

Five people, including two school-age children, were found dead at a home in a Whitehorse suburb Sunday, but the RCMP said they do not suspect foul play.

The bodies of the chil-

dren, their parents and a male boarder were discovered by a family friend who had gone to check on the house in Porter Creek.

Firefighters called to the scene first entered the house using breathing apparatus, but later deemed it safe to go in without the equipment.

Sgt. Dan Rogers would not say whether air quality, such as carbon monoxide poisoning, was to blame. **THE CANADIAN PRESS**

Climate change drying up forests

Research shows northern forests in the three Prairie provinces are drying up from drought caused by climate change, while the eastern boreal forest is holding its own.

A paper published Monday suggests the forests of Alberta, Saskatchewan and Manitoba are already emitting more greenhouse gases than they absorb.

THE CANADIAN PRESS

Global warming

► The findings are bad news for those counting on forests to suck more carbon out of the atmosphere through growth than they emit as trees die. Data suggests eastern forests emit about as much carbon dioxide as they absorb, but that's no longer the case in the West.

More killer whales in Nunavut

Researchers say melting Arctic sea ice is enticing more killer whales to Nunavut waters where they are competing with Inuit hunters for food and threatening to replace polar bears as the North's top predators. **THE CANADIAN PRESS**

Boy left on school bus for 7 hours

A school bus driver has been suspended indefinitely after a boy, 4, was left on a bus for nearly seven hours. The child was found in Lac La Biche, Alta., last Thursday suffering from slight hypothermia and dehydration. **THE CANADIAN PRESS**

Harper ditches the comfy sweater vest

► **Conservatives take tough stance as MPs head back to House of Commons**

A winter parliamentary session that many have predicted will be a donnybrook began Monday with the gloves still on, and the only jersey askew being a powder-blue sweater vest.

"Very, very clearly, this government has taken off the sweater vests," said Peter Julian, the NDP finance critic. "They've taken off any pretence of moderation and a responsible approach to public policy."

The Conservative government, which spent last fall clearing a number of long-standing legislative promises, wades into 2012 giving clear signals of a more far-reaching agenda.

With deep spending cuts, pension reform, a new copyright act, changes to environmental assessment reviews, an end to the long-gun registry and tough criminal justice reforms all on deck, the opposition will have plenty to chirp about.

► Prime Minister Stephen Harper responds addresses the House of Commons during Question Period in Ottawa on Monday.



All signals point to Finance Minister Jim Flaherty rolling out the kind of tough, transformative budget that Liberal Paul Martin unveiled in 1995 in Jean Chrétien's first majority government.

The Conservatives may be betting that short memories and an improving economy — and perhaps a reopened federal spending spigot come 2014 — will be enough to win over voters angered by this year's tough medicine.

Deep cuts will rattle the public service and affect some government service delivery, but it is Harper's promise to tackle Old Age Security that is raising the most ire. **THE CANADIAN PRESS**

Baird kicks off visit to Israel

Canada firmly backs the call by Israel's prime minister for the Palestinians to resume peace talks without conditions.

Foreign Affairs Minister John Baird threw Canada's support behind Israeli Prime Minister Benjamin Netanyahu in a major

speech Monday in Jerusalem — one day after Netanyahu and Palestinian President Mahmoud Abbas publicly blamed each other for stalled peace efforts.

Baird took that message to the Palestinian territories later Monday where he met with Abbas. Baird

urged the Palestinian leader to make peace, recognize Israel and return to the negotiating table.

For months, Israel and the Palestinians have been holding exploratory talks mediated by Jordan to find a framework for formal negotiations. **THE CANADIAN PRESS**

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Afghan woman killed for bearing a girl: Police

► Cops say husband strangled his wife ► Women's rights in Afghanistan a concern as NATO withdraws

An Afghan woman has been strangled to death, apparently by her husband, who was upset that she gave birth to a second daughter rather than a son, police said Monday.

It was the latest in a series of grisly examples of subjugation of women that have made Afghan headlines in the past few months — including a 15-year-old tortured and forced into prostitution by in-laws and a female rape victim who was imprisoned for adultery. It raised the question of what will happen to the push for women's rights as international presence shrinks.

In the 10 years since the ouster of the Taliban, great strides have been made for women in Afghanistan, with many attending

Gender bias

- Boys are traditionally prized much more highly than girls in Afghanistan.
- A son means a breadwinner and a daughter is seen as a drain on the family until she is married off.
- Even so, a murder over the gender of a baby would be rare and shocking if proved true.

school, working in offices and even marching in protests. But abuse and repression are still common.

The man in the latest case, Sher Mohammad, fled the Khamanab district in Kunduz province last week, about the time a neighbour found his 22-year-old wife dead in their house, said district police Chief Sufi

Habibullah. Medical examiners said she had been strangled, Habibullah said.

The woman, named Estorai, had warned family members that her husband had repeatedly reproached her and threatened to kill her for giving birth to a daughter, said provincial women's affairs chief Nadira Ghya. Estorai gave birth to her second daughter two to three months ago.

Police took the man's mother into custody because she appears to have collaborated in a plot to kill her daughter-in-law, Habibullah said. Ghya, who visited the mother in prison, said that she swears that Estorai committed suicide by hanging. Police said they found no evidence of hanging from the woman's wounds. **THE ASSOCIATED PRESS**

UBC stands by animal testing

The University of British Columbia defended its use of animal testing Monday, claiming a majority of more than 200,000 animals were used in basic science projects that cause less than minor or short-term stress.

The information is part of a public report to the Canadian Council on Animal Care to make UBC more "open and accountable." "All animal testing projects) go through the same stringent review (on

the university's ethics committee)," said Helen Burt, associate vice president research and international. "If the study is approved it's only because animals are absolutely necessary for those purposes and no other methods would be appropriate."

The university reinforced that animal research is strictly controlled and all projects involving animals go through strict ethics reviews. **KENDRA WONG**

Animal use

- Two thirds of the animals in 2010 were used to "help scientists advance knowledge about wild animals, about human and animal health, and about the world we live in."
- Twenty seven per cent of animals were involved in medical studies, while five per cent were used for scientific breeding.



► A riot police officer fires tear gas toward Bahraini anti-government protesters, unseen, during a march in Sitra, Bahrain, on Monday.

SELJAN JAMALI/THE ASSOCIATED PRESS

Youth's death sparks clash with police

The fighting erupted after a mourning procession marking three days since the death of a teenager while in police custody.

European cold snap sends cities scrambling

A severe and snowy cold snap across central and eastern Europe has left at least 36 people dead, cut off power to towns, and snarled traffic. Officials are responding with measures ranging from opening shelters to dispensing hot tea, with particular concern for the homeless and elderly.

This part of Europe is not unused to cold, but the current freeze, which spread to most of the region last week, came after a period of relatively mild weather. Many were shocked when temperatures in some parts plunged Monday to -20 C.

"I'm freezing. It's hard to get used to it so suddenly," lamented Jelena Savic, 43, from the Serbian capital of Belgrade.

Eighteen people, most of them homeless, died in Ukraine from hypothermia and nearly 500 people sought medical help for frostbite and hypothermia in just three days last week, the Emergency Situations Ministry said.

Temperatures in parts of Ukraine fell to -16 C during the day and -23 C at night. Authorities opened 1,500 shelters and closed schools and nurseries. More than 17,000 people have sought help in such shelters in the past three days, authorities said.

In Poland, at least 10 people froze to death as the



► A couple walks on a snow-covered road near the Lake of Eymir, Ankara, Turkey, on Sunday. Winter temperatures and recent snowfall has partially paralyzed the country.

SELCAN HACAOGLU/THE ASSOCIATED PRESS

36

Severe cold and snowy weather across central and eastern europe has left at least 36 people dead, including the elderly and homeless.

3,000 homeless people. Freezing temperatures also damaged train tracks.

In central Serbia, three people died and two more were missing, while 14 municipalities were operating under emergency decrees.

In Bulgaria, a 57-year-old man froze to death in a northwestern village and emergency decrees were declared in 25 of the country's 28 districts. Strong winds closed down Bulgaria's Black Sea port of Varna.

Nearly 200 Turkish Airlines flights to and from Istanbul's Ataturk Airport were cancelled. The situation was similar in Romania, where reports said four people have died.

Weather forecasts say the cold snap will continue. **THE ASSOCIATED PRESS**

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Tech firms join forces to battle phishing

► Many of the biggest companies already using new DMARC system, which aims to stop fraudulent messages

Google, Facebook and other big tech companies are jointly designing a system for combating email scams known as phishing.

Such scams try to trick people into giving away passwords and other personal information by sending

ing emails that look as if they come from a legitimate bank, retailer or other business.

To combat that, 15 major technology and financial companies have formed an organization to design a system for authen-

ticating emails from legitimate senders and weeding out fakes. The new system is called DMARC — short for Domain-based Message Authentication, Reporting and Conformance.

DMARC builds upon existing techniques used to

combat spam. Those techniques are designed to verify that an email actually came from the sender in question. The problem is there are multiple approaches for doing that and no standard way of dealing with emails believed to be fake.

The new system addresses that by asking email senders and the companies that provide email services to share information about the email messages they send and receive.

In addition to authenticating their legitimate emails using the existing systems, companies can receive alerts from email providers every time their domain name is used in a fake message.

THE ASSOCIATED PRESS

Washington. Protest



► Demonstrators Ariana Kobel and Javier Ocasio kiss at the Freedom Plaza camp in Washington on Monday.

JOSE LUIS MAGANA/THE ASSOCIATED PRESS

Occupy D.C. faces farewell

U.S. Park Police plan to begin enforcing a no-camping rule at two Washington sites where Occupy protesters have been demonstrating for months over economic inequality and other issues.

Market moment

TSX	Dollar	Oil	Natural gas
- 30.0 (12,436.4)	- 0.21¢ (99.72¢ US)	- 78¢ US (98.78¢ US)	1,000 cu ft \$2.71 US (- 4¢ US) Gold contracts \$1,731 US (- \$1.20 US)

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TAKING A PAGE OUT OF TEEN FANTASIES

SHE SAYS ...

JESSICA NAPIER
METRO



I got a pimple last week. An embarrassing middle-of-the-face kind of situation. The type of blemish that would be the subject of an entire subplot on a sitcom in the early 1990s. I haven't had a proper pubescent breakout in a few years but my recent dermatological issues seem appropriate given the fact that I've been spending a lot of my leisure time thinking about teenagers (no, not like that).

Unless you were one of those genetically blessed wunderkinds that peaked in high school, your teenage years were probably the most awkward period of your life. And yet, despite all the terrible realities of adolescence — the acne, the unrequited crushes, the cliquey Mean Girls — we seem completely obsessed with capturing every single moment of this unfortunate phase and putting it on television.

"From Harry Potter to Twilight to Gossip Girl, more and more well-read grownups are slipping off book jackets and covertly skimming hardbacks plucked from the shelves of the Young Adult section."

From Harry Potter to Twilight to Gossip Girl, more and more well-read grownups are slipping off book jackets and covertly skimming hardbacks plucked from the shelves of the Young Adult section. The Hunger Games, that dystopian world-meets-teen-angst trilogy that everyone keeps talking about, has spent over 100 consecutive weeks and counting on the New York Times bestseller list and it's not just babysitting money keeping it there.

I know plenty of smart and successful people in their 20s and 30s who spend hours dissecting novels geared toward the 13- to 17-year-old set — devouring these addictive page-turners at rapid speed (not a difficult task when you're reading size-16 font) and using hushed voices to postulate over the predictable love triangles.

We all deserve a break from adulthood every once in a while. Indulging in teenage pursuits, whether in sexy sci-fi fantasy lands or all-too-real reality shows, provides a nice distraction from our real-life responsibilities. However, when I find myself swooning out loud over a barely legal actor playing a teenage werewolf, I know that maybe it's time to grow up.



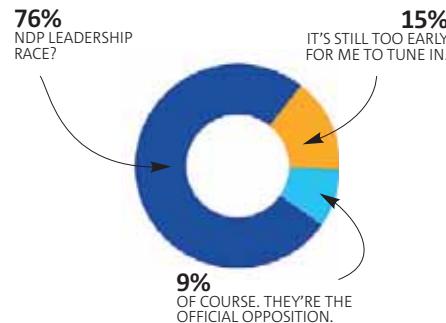
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Have you been following the NDP leadership race?



Local tweets



@krisco_

@hfxtransit: should not be allowed to go on strike - too many people will be without rides. Everything will be messed up #halifax

► @meg_media: Metro Transit, union reps, Halifax, work it out. Public transit should be considered an ESSENTIAL service. Don't leave us stranded.

► @sugarskull33: If @hfxtransit strikes on Thursday, I'll be walking to work. At least Halifax is notoriously sunny & warm in February... #ohwait #BSommerhalder: If #Hal-

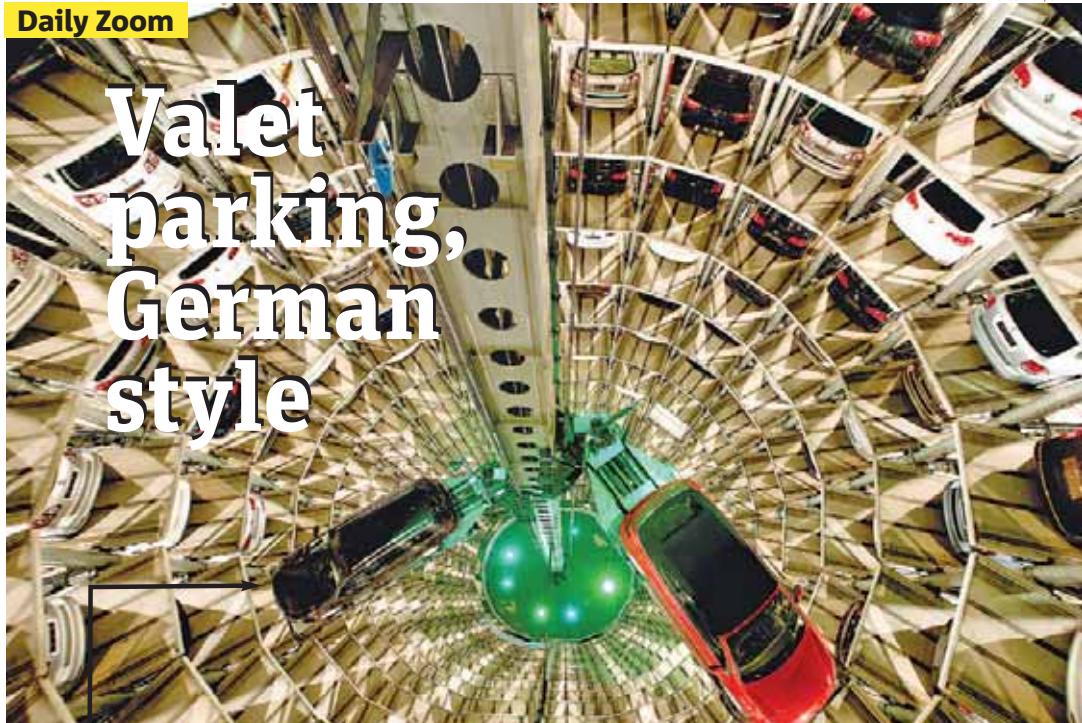
fax transit workers don't end up striking, just wait for His Worship to claim credit. Don't fall for it. #NSPoli #VoteHRM

► @KKelley18: Didn't realize Halifax had an amusement park, buses shouldn't feel like rollercoasters #learnto-drive

► @shortpresents: Love getting rushed across the crosswalk by an angry driver. Pedestrians aren't the reason you're late lady: you are. Easy there #Halifax

► @AntoniosDiab: Can't get over how beautiful it is today. Walking around downtown Halifax alone people watching and listening to James blunt #happiness

Daily Zoom



Robotic car silo parks your ride

WOLFSBURG, GERMANY.

Don't bother getting your car out of the parking complex — this robotic building does it for you!

Car buyers can pick up their new ride from this futuristic garage. The two 20-storey CarTowers have been called the "landmark" of Autostadt, a theme park inside Volkswagen's main car factory complex. ● MWN

1.5

metres per second — the speed the cars travel when lifted up into the towers. Every day some 600 cars are picked up from the two CarTowers by their new owners, making it the world's largest vehicle delivery centre.

Weird carparks

► Umihotaru, Tokyo:

This rest/parking area is an artificial island that joins a bridge and tunnel.

► Michigan Theater, Detroit:

Once a concert hall: Chandeliers gone, but ornate plaster ceiling remains.

► Parkersbåt, Gothenburg, Sweden:

Floating parking boat dips below waterline when full.

Stacking cars for customers

HOW IT WORKS. New cars arrive from the production facility on robotic skids that transport them through a 700-metre underground system of tunnels.

After they reach the storage silos, they are hoisted up to a shelf where they are kept until picked up by the customer, usually within 24 hours.

● MWN



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13

Science fiction or fact?

Ever watch those old sci-fi classics on SPACE and wonder how close we are to getting some of that cool technology? We asked InnerSPACE host Ajay Fry to take a look at a few of these movies to see how close their plot premises are to being reality



The Terminator (1984)

In 1984, James Cameron's *The Terminator* terrified audiences with the introduction of an unstoppable Cyborg killing machine from the future. Now, almost 30 years later, we don't have any cyborg killing machines (yet!), but humanoid robots are walking upright, learning and talking. One robot recently joked about plans to open a "zoo for humans" (I hope it was a joke!).



**Back to
the Future
(1985)**

In late 2010, the Internet was abuzz over a photo of a 'time traveller.' It was actually a frame grab from a 1988 film purportedly featuring someone using what appeared to be a cellphone. If you could travel to the past, why not visit 1985 so you could make a cameo in *Back to the Future*, the film that introduced us to the joys and pitfalls of Time Travel? 1.21 Gigawatts!



RoboCop (1987)

Set in the near future, 1987's *RoboCop* features a cyborg protagonist who takes on Detroit's festering criminal underbelly. While we've still got some time to wait for robotically-enhanced beat cops, in recent years police have started using robotic surrogates in dangerous situations. Last summer, a suspect's trailer home was burned to the ground by a gas-grenade packing police robot in Tennessee.



Scene in brief



ABBA fans will soon be saying "Thank you for the music" again with the release of a new track on a special edition of the '70s pop group's *The Visitors* album. The album, including a new track From a Twinkling Star to a Passing Angel, is the first official new release by the Swedish group in 18 years. Universal Music Group spokeswoman Mia Segolsson said Friday that the special edition of "The Visitors" - originally released in 1981 - will be available in stores from April 23. ABBA — Agnetha Faeltskog, Benny Andersson, Bjorn Ulvaeus and Anni-Frid Lyngstad — split in 1982. The band has never reunited.

THE ASSOCIATED PRESS



**Jurassic Park
(1993)**

Jurassic Park asked audiences a hypothetical, ethical question: If we can clone dinosaurs, should we? Now almost 20 years later we're soon going to need an answer. In 2009, scientists successfully cloned an extinct species of mountain goats. And last year, dinosaur feathers preserved in amber were discovered in Alberta. Morality aside, I'll be first in line to see real-life dinosaurs.



Shaun of the Dead (2004)

Shaun of the Dead launched the Romantic Comedy Zombie or 'RomComZom' sub-genre of film, and the zombie craze has only grown in years since. In 2009, students at the University of Ottawa created a mathematical equation to determine the survivability of a zombie uprising. I'd fight to survive the onslaught if it meant I could watch *Shaun* again on the big screen.



**Serenity
(2005)**

Set 500 years in the future, this film follows the crew of the spaceship *Serenity* as they sneak between numerous planets to protect a mysterious young woman named River. Since 2005, the number of confirmed exoplanets has nearly quadrupled to over 700, and scientists now suspect that each of the estimated 300 billion stars in our galaxy may have at least 1.6 planets in orbit.



Journey to Oscars begins at the theatre for Canadian makers of *Monsieur Lazhar*.

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From dating George Clooney to Steve-O?

► Rumours swirling that Elisabetta Canalis and former Jackass star are an item

ALL PHOTOS GETTY IMAGES



► Elisabetta Canalis

We heard the Elisabetta Canalis/Steve-O rumours a couple weeks ago, but we were willing to ignore them. After all, what would George Clooney's recent ex be doing with one of the Jackass guys?

As it turns out, dating him.

In a video from TMZ, the Dancing with the Stars contestants are caught leaving a salon together in L.A. before escaping to Steve-O's car.

Not only is she dating Steve-O, she is demurely declining to comment in paparazzi central — the B-team Hollywood equiva-

lent of moving to a good school district and buying a minivan.

Thing is though, Steve-O doesn't look too bad these days.

He's no longer putting fishing hooks through his cheek and jumping into shark-infested waters — this happened, and we all share some blame — and has been sober for a couple years. He's a vegan, and judging from his anti-fur ad for PETA, has a pretty cute vegan butt.

Wait — what is Steve-O doing with George Clooney's ex?

• MONICA WEYMOUTH



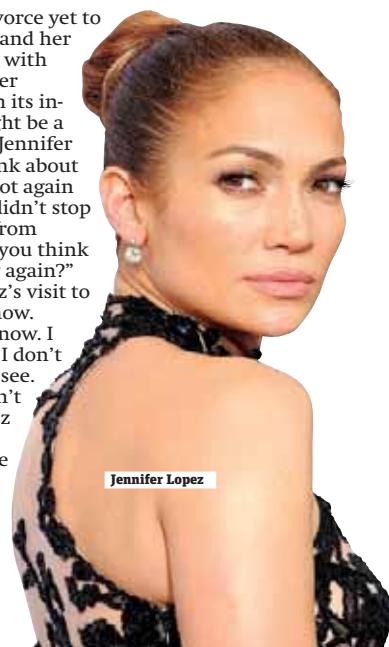
► Steve-O

J.Lo on marriage: 'I don't know'

With her divorce yet to be finalized and her relationship with dancer Casper Smart still in its infancy, it might be a bit soon for Jennifer Lopez to think about tying the knot again — but that didn't stop Matt Lauer from asking, "Do you think you'll marry again?" during Lopez's visit to the Today show.

"I don't know. I don't know. I don't know. We'll see. I mean, I don't know," Lopez responded. "It's not time to think about that yet. It's still fresh."

• METRO



Jennifer Lopez



Mills

We Bid Adieu to Halifax's Original Fashionista

For more than 30 years, Mills clients have been greeted by the warm smile and welcoming face of Sandra MacPherson. Starting in the Summer of 1980, when neon, leg warmers and big hair were all the rage, Sandra has seen the ins, outs, ups and downs of fashion.

Starting as Junior Sales Associate, Sandra's eye for style and personalized customer service was quickly noted and she was soon promoted to Buyer. As the store evolved, Sandra was instrumental in bringing world-class brands such as Hugo Boss, Michael Michael Kors, BCBG, Louisa Cerano and Marc Cain to the market.

Today, Halifax's original fashionista is easing into semi-retirement as she plans to trade in her Jimmy Choos for golf shoes. While Sandra will continue to provide personal service on an appointment basis, we invite you to stop in today to wish Sandra well as she takes a step back from her full-time role at Mills.

Thank you, Sandra. You've made Halifax a more fashionable place.

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Heels



The Journal of Applied Physiology with Griffith University in Australia reported that women who wear short heels for long hours everyday risk shortening their strides and their feet stayed in a pointed position.

● METRO

Walk, don't snack

► Taking a short stroll may stop those impulses to reach for a treat

 **CELIA
MILNE**
LIFE@METRONEWS.CA

Bored at work?

Stressed?

Mindlessly reaching for chocolate?

Try going for a wee walk instead. A new study in the U.K. has found that taking a quick 15-minute walk cuts down on chocolate consumption by 50 per cent.

Researchers at the Uni-

versity of Exeter invited 78 chocolate fiends to come to a simulated work environment after abstaining from eating chocolate for two days.

They gave all subjects some work to do. beforehand, half of the subjects had gone for a quick walk and the other half had rested. Chocolate goodies were available to everyone in the study while they worked. Those who had exercised before working

ate on average half as much chocolate as the others, about 15 grams, compared to 28 grams.

"Stress, fatigue and boredom typically cause people to automatically snack to regulate mood," Professor Hwajung Oh, one of the authors of the study, told Metro.

"Somehow, exercise impacts on mood-induced eating behaviour."

He surmised that exercise reduces stress and al-

leviates boredom. It may also serve as a distraction from thoughts of snacking.

Eating chocolate is unhealthy if it escalates — contributing to weight gain, obesity and diabetes.

"A 15-minute walk is a small dose of physical activity that can be easily achieved," Ho says. "Long term, the results may contribute to not only weight management, but also healthy eating behaviour."

Chocolate

Chocolate is OK in moderation.

► **Cocoa** Dark chocolate, and cocoa in particular, contain flavonoids, which may contribute to heart health. Chocolate also contains a compound called phenylethylamine (PEA), which enhances some brain functions. But, as we know, chocolate also contains a lot of fat and sugar. So enjoy, but only in small quantities.



Research teams making progress collecting critical data on CCSVI:
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Go get yourself organized

► Lack of time may be a First World problem, but it's a problem nonetheless ► Laura Vanderkam, author of 168 Hours: You Have More Time Than You Think, tells you how to stick to what matters most and ignore the rest

1

Figuring out what your priorities are

Rushed and torn between professional and personal commitments, we generally have no idea how we spend our time.

"You don't consciously notice it but you're probably checking Facebook up to five times an hour," warns Vanderkam. "The best way to see if you're spending your time the way you wish is to keep a log of everything you do for a week."

From there, look at your priorities. This is the toughest part.

2

Live life week in, week out

Life is often lived one week at a time with next week being a blank slate that will eventually be filled with 'something.' What this something is depends on key decisions you make.

"Imagine next week is a blank space made up of 168 hours. With your priorities in mind, how would you choose to fill it? Figure out what time could be re-deployed from stuff that's not fitting with your priorities," suggests Vanderkam.

3

Take control over time

According to Vanderkam, the key to maximizing time is to control it.

"You don't have to do anything but eat and sleep in order to keep the body functioning."

If your excuse for not reading your kids a bedtime story is that you have no time then you're in denial.

"It's not that you don't have the time to read, it's just not your priority."

4

Never say, 'I don't have time'

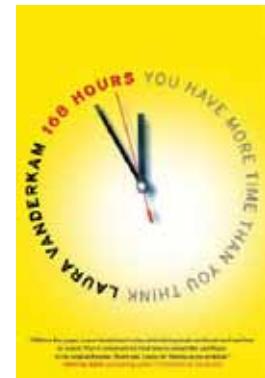
Lack of time for 'XYZ' is the all-purpose modern excuse. Speaking to time experts, Vanderkam noticed they never say 'I don't have time' but 'it's not a priority.'

"In order to not have to own up to the fact we're choosing not to do certain things, we blame this nebulous other thing, 'time.' You're not getting certain things done because they're not high enough on your priority list, not because you lack the time," she says.

5

Writing up the perfect to-do list

"Look at things on a weekly basis and say, 'what are my priorities both professional and personal' then block these in. You only have one life. People think the two are separate but they're not," she said. "You don't need to solve everything at once. One week your priority could be a project at work and the week after it could be your sister's wedding. As long as those major priorities get done during the week, you are going to be moving forward."



The moment we acknowledge what things are not high up on our priority list will be the moment we become in charge of how we spend our time.

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Top 5: January 30th

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3	David Guetta ft Nicki Minaj Turn Me On
2	Drake Headlines
1	Flo Rida Good Feeling

Weeknights at 9 Tessa counts down the HOTTEST 5 songs that day!

1013THEBOUNCE.COM

Thoughts on ... Worth

VALUE. Of all the judgments we make in life, none are more important than the ones we make about ourselves. These self-evaluations directly affect the way we act and react, the values we choose, the goals we set and how we meet the challenges that confront us.

The key to meeting these basic challenges and feeling worthy of happiness is having a high sense of personal

"Don't ever forget how worthy you are."

worth.

Don't ever forget how worthy you are; and if someone makes you doubt your value or pushes you to compromise yourself or your integrity, walk away.

Know your worth and accept nothing less.

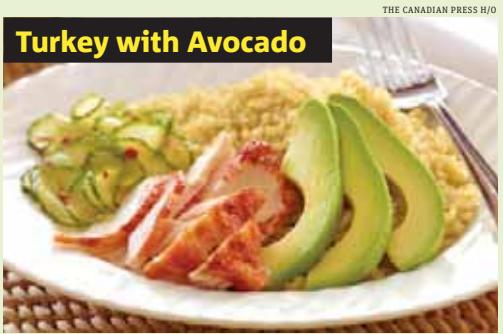
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**Preparation:**

1 In a bowl, place sliced cucumbers. In a small pot, combine vinegar, sugar, salt, bay leaf, allspice and chili flakes. Bring to a boil over high heat and pour over cucumber slices. Allow mixture to reach room temper-

ature, about 10 minutes. Strain cucumbers, reserving juice.

2 Layer pickles, turkey and avocado and drizzle with reserved pickling juice. Serve with quinoa or brown rice.

THE CANADIAN PRESS/
AVOCADOS FROM MEXICO

Ingredients:

- 190 g (7 oz) smoked turkey

- 1/2 avocado, sliced

Quick Pickles

- 250 ml (1 cup) English cucumbers, thinly sliced

- 50 ml (1/4 cup) white wine vinegar
- 45 ml (3 tbsp) sugar
- 5 ml (1 tsp) sea salt
- 1 bay leaf
- 2 allspice berries
- 5 ml (1 tsp) chili flakes

Casual eats: steak sandwich

► Enjoy alongside homemade fries

Preparation:

1 Rub steaks with olive oil; season with salt, pepper. Let stand 30 mins.

2 In heavy skillet, melt butter over medium-high heat. Add onions and thyme and cook 10 mins. or until onions are golden. Add red pepper, cook 1 min. Reduce heat to medium low, stirring occasionally, and cook 15 mins. or until peppers are very tender.

3 Heat ovenproof skillet over medium-high heat, add steaks and sear on both sides, about 2 mins. per side or until well browned. Transfer to 180

C (350 F) oven and cook 5 mins. for medium-rare or until desired doneness. Let rest 10 mins. before thinly slicing. Alternatively, grill over medium-high heat, turning once, until desired doneness.

4 Slice buns in half lengthwise. Divide steak over each bottom bun and top with onion mix. Sprinkle with crumbled cheese. Cover with bun tops.

THE CANADIAN PRESS/ HOME-GROWNTARIO.CA/ THIS RECIPE WAS ADAPTED FOR METRO NEWS BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND CELEBRITY TV CHEF. VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 2 strip loin steaks, trimmed (about 250 g/8 oz each)
- 10 ml (2 tsp) olive oil
- 2 ml (1/2 tsp) each salt and cracked black pepper

- 15 ml (1 tbsp) butter
- 2 large onions, sliced
- 10 ml (2 tsp) chopped fresh thyme
- 1 red bell pepper, sliced
- 6 crusty buns
- 75 g (3 oz) crumbled blue cheese or Brie

Grad House's failing grade

► Despite great prices, Dalhousie's café offers slow service, lacklustre eats

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



Patrons are quietly working on their laptops at Dalhousie's drab Grad House Café. Wise idea, as the service is excruciatingly slow. No lunch rush here.

The day's feature sandwich is unavailable because the baguette is still frozen, so I try the pre-made Chevre Melt (\$6.52).



► Chevre Melt with spinach salad (\$6.52).

Luckily the bread is lovely because the filling, although tasty, is skimpy — goat cheese, spinach and specks of marinated peppers. The side spinach salad is bland.

The Rusticana Pizza (\$6.09) with sausage, pep-

pers and onions, is not bad — it's awful.

Totally coated in thick orange cheddar, it looks unappealing and has little flavour. Perhaps it's been sitting around, which would explain why the flatbread is mushy and not

crispy as promised.

My student friend and I sip a Lemonata (\$2.39) and a small lukewarm Latte (\$2.83) and reminisce about the fun atmosphere of the former Grad House. Great prices aside, lunch has little to offer.

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TALKIN' TABLE MANNERS

CHARLES THE BUTLER

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CHARLES
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At Christmas, our extended family used different eating styles including Canadian (switching knife and fork), British (fork in your left hand, knife in your right) and Filipino (fork and spoon). I was taught to use Canadian table manners at home and in restaurants, unless eating at restaurants of different ethnicities. Is this outdated? I noticed that you had an earlier article about someone concerned about a dinner at his boss' house. Do you think that table manners will affect the way that person is perceived? (I personally think so, but again, perhaps I'm old-fashioned.)



► Charles says to adjust your style of table manners to suit your current location.

Also, do I use Canadian table manners when travelling?

Thanks for your consideration, Laura Cogill

Dear Ms. Cogill,

As you well know, table manners are a big thing for me, not because I'm such a formal person, but rather because I adamantly believe that we are judged socially and professionally by the way we conduct ourselves at the table.

As to your question, it is absolutely correct in North America to eat in either of the two styles you describe

— Canadian (correctly called American style) and British (correctly called Continental style).

Where Filipino style is concerned (which I just experienced last week while I was in the Philippines), while not wrong to use it in the Philippines or when eating in a Filipino restaurant, it is preferred that American or Continental methods be used while eating in North America.

Remember the expression "when in Rome ..."

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Less can be more

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

What is the secret to financial success? I have the answer — simplicity.

Yes, if you buy gold or real estate before it skyrockets, play the stock market game well or live off the land and save most of your income, you will have financial success.

But how many people can do that? Very few. The alternative is to aim for simplicity in your financial life. In my new book, Count on Yourself: Take Charge of Your Money, I go through an easy process of financial closet cleaning in order to prune all the money bits and pieces that clutter up our lives and then organize what is left over.

I call it the KISS approach to money — Keep It Simple Smarty.

No one knows who originated the KISS (Keep It Simple Stupid) principle, but there's no question it was a powerful catchphrase in the 1960s for the U.S. National Aeronautics and Space Administration (NASA), when they were striving to put a man on the moon. That such a complex feat of science and en-



► Simplify your finances.

gineering should reference simplicity in the form of KISS is very telling.

I've changed the last word to Smarty because I believe it's smart to keep your financial life as lean as possible.

A typical family will have multiple bank accounts and credit cards, a mortgage, home equity or personal line of credit, as well as car and student loans, not to mention RRSPs, RESPs, and TFSAs to deal with on a monthly basis.

Complexity not only makes it difficult to stay on top of your finances but it costs you money in unnecessary fees and duplicated services.

Ask yourself: Do I need those retail credit cards, two chequing accounts with overdraft protection, more than one RRSP or RESP, all those TV channels, call forwarding on my

"Cleaning your financial closet is the first step to taking control of your money."

-ALISON'S MONEY RULE

phone? You'll find the pruning process energizing.

When it comes to the investments in your RRSP, for example, apply the same principle of less is more. Have one investment for bonds, one to cover the Canadian market and one for the U.S. Just three products, plus some cash, and you have a perfect mix.

Keep it simple and you will find it far easier to get closer attention to the money side of your life.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISON@GRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

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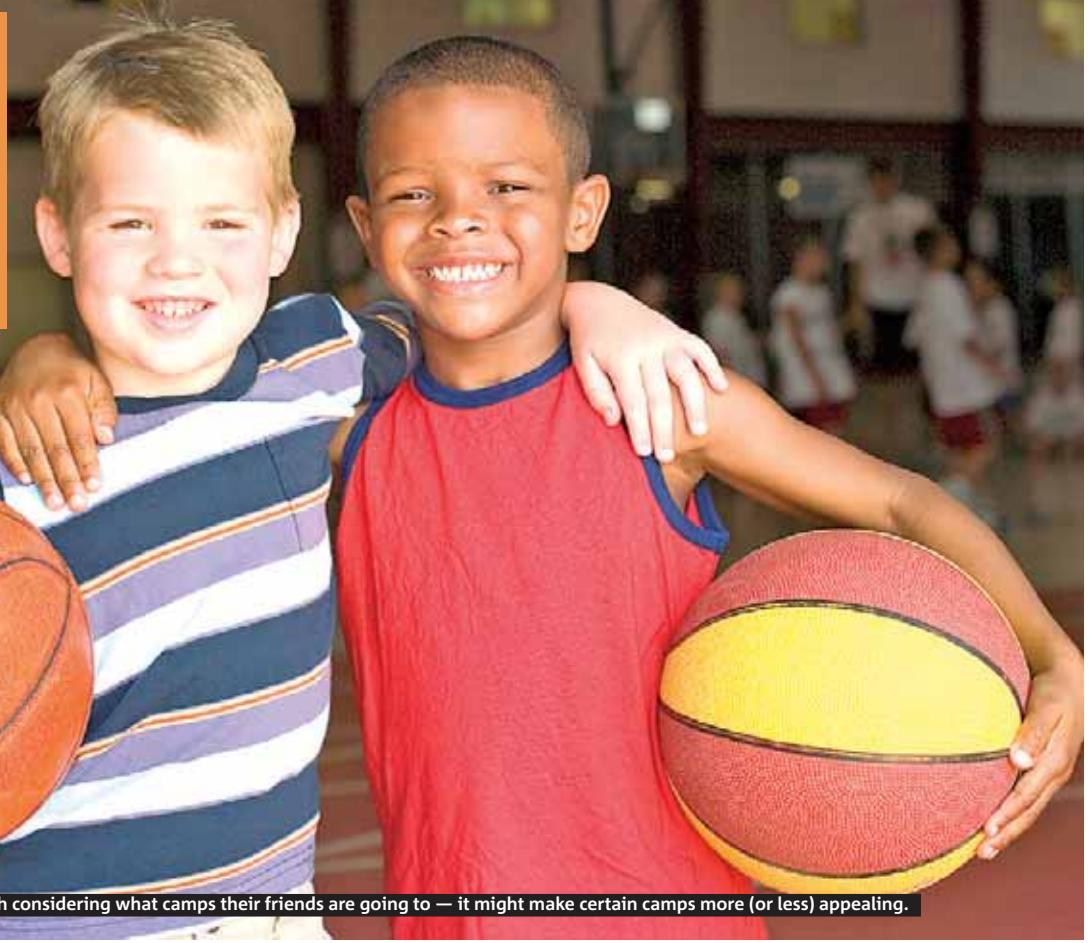
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TUESDAY, JANUARY 31, 2012



► When choosing an activity for your children, it might be worth considering what camps their friends are going to — it might make certain camps more (or less) appealing.

Keep interests of your child in mind



**RICHARD
WOODBURY**
FOR METRO

With no shortage of camps to choose from in the Halifax area, there are a few things parents should keep in mind to help make the decision process easier when picking out a camp for their kids.

First and foremost, finding a camp that corresponds with a child's interests will help narrow the list of possibilities.

"If you keep the interests of your child in mind,

there's definitely going to be something for everyone," says Meghan Collins, a partner in the website hrmparent.ca.

As the children get older, it is important to involve them in the decision-making process as well.

Price is a determining factor and parents should also see if there are any additional fees, such as early and late pick-up charges.

Timing is another important consideration and parents should look for a

When to enrol

► Meghan Collins has some words of advice on when parents should sign their kids up for camp. "As soon

camp that has a schedule similar to what their children are used to.

"If it's completely different from what their daytime schedule is normally like, that could be pretty exhausting for them and take away from the fun of the situation," says Collins.

as possible," says the partner with the website hrmparent.ca. The site has a listing of March break camps and Collins says 75 to 85 per cent are full.

Other factors that might be worth considering are what camps a child's friends are going to as it might make certain camps more (or less) appealing. It could also help make transportation to and from easier as it opens up the possibility of carpooling.

Before making a final decision, parents should do a little research about the training and screening programs in place for camp staff. Do staff have CPR training? What about first-aid training? Have they had criminal background checks done?

"Ask those important questions," says John Meagher, the manager of the Dartmouth Family YMCA.

Meagher also recommends asking if the staff is permanent, seasonal or

just brought in specifically for the camp.

On the subject of staff, one should also look into the camper-to-counsellor ratio, as this will help dictate how much individual attention the children will receive.

Parents should also examine the program schedule and see if the activities are age appropriate, whether there is some flexibility in what the children can do and whether the program has a good amount of variety.

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Time to take a break with the family

From public skating and swimming to learning about the Titanic, there are plenty of activities to keep you busy

JON TATTRIE
FOR METRO

If you don't want to commit to a full week of day camps this March break and have some time off to spend with your kids, there are plenty of family activities around Halifax Regional Municipality.

March break is the perfect time to try the Oval. The free public skating facility is scheduled to be open until April. Check the website (halifax.ca) or call the city for skate times.

Martock and Wentworth offer skiing and snowboarding lessons, or you can just make it a day out if your family already knows how to ski.

For swimming, HRM has several public pools with open swim times.

Hatfield Farm in Hammonds Plains has its popu-



► Free public skating is scheduled to be open during the March break at the Oval.

lar Open Family Round-up Adventure, which offers a two-hour sleigh ride, a hot

dog lunch and an indoor rubber rodeo.

If your child is more ac-

ademic then athletic, stop by the Museum of Natural History on Summer Street.

March 12-16

► Last year, the Halifax Regional School Board moved spring break back

It recently opened after a major refurbishment. Its main exhibit over the break will be Animals of the Rainforest, with Little Ray's Reptile Zoo bringing in a range of reptiles, amphibians and invertebrates — including three marmosets. The new-look museum also has Our Amazing World, a high-tech theatre of planet Earth.

This April will mark the 100th anniversary of the Titanic sinking. You can learn more about Halifax's role in the tragedy at the Maritime Museum of the Atlantic. It explains what the Titanic was supposed to do, and what went

to February to work with the Canada Winter Games. This year, it has returned to its regular March time slot — March 12-16.

wrong. Artifacts from the actual ship make it all too real.

For easy-to-access artistic pursuits, Clay Café is always ready with pottery and paint to create and decorate your own mug, vase or bowl. The Art Gallery of Nova Scotia has classes in sculpture, drawing, painting, clay and mixed media, all taught by local artists.

Halifax Public Libraries has branches in most HRM communities and offers a range of drop-in activities, talks and educational opportunities.

Check with your local branch to see what they have planned.



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Be prepared for everything



Before sending one's kids off to camp, there are a number of things parents should do to help prepare both themselves and their children for the experience.

"I would mentally prepare the kids for it," says Sandra Jamieson, the coordinator of programs, intramurals and clubs at Saint Mary's University.

This includes discussing with one's children the activities they will be doing, as well as when they will be leaving for camp and getting picked up from it.

In fact, Jamieson recommends parents do a test run where they take their children to the camp and meet the staff before the camp has started. She says this test run will help alleviate some of the stress and anxiety children may have about the camp.

Whether parents meet



► Parents should check out everything possible before sending their child to a March break camp.

the staff with their children on the first day or before, it's important that parents be there for the initial meeting to help their children feel more comfortable. "It's really good to meet your camper's leader when you're with them," says Mara Fontana, the director of the SuperNOVA program at Dalhousie University.

As part of the prepara-

tion process, she encourages parents to read through all of the camp documentation, along with their children.

"You should go through any camp information that is provided with your camper, so both of you know what the camp is all about and what the rules are, as does your camper," says Fontana.

In today's technological-

What to bring

► Besides a positive attitude, campers should bring snacks, a refillable water bottle, sunscreen and appropriate footwear and clothing (including a raincoat) to camp. Parents should also make sure their kids' stuff is labelled. "You should label all of your things ... because things do get left behind at the end of the week," says Mara Fontana, the director of Dalhousie University's SuperNOVA program.

ly advanced age of smartphones and iPods, children may be wise to leave the electronics at home so they can become more engaged in the camp.

"We want them to meet new kids," says Jamieson. "We want them to be involved in new and different experiences, so the more involved they are, the more fun it's going to be."

Day camps

If your child has a week off this March but you don't, Halifax has plenty of fun and fascinating day camps where kids can play, learn or explore their artistic talents.

- The Discovery Centre combines learning and fun like few others. This year, that includes Yuck and Other Stuff Part III: Return of the Goo. This is just as gross (and fun) as it sounds, with children learning about boogers, ear wax and farts.
- Neptune Theatre offers some more refined fare with theatre games and lessons around the themes of fairytales, legends and wizards.
- For the high fliers, Atlantic Cirque will teach kids the ropes — literally. The Burnside-based school will teach students trampoline, juggling, stilts, human pyramids, aerial apparatus and more.
- For kids who want to travel the world in Halifax over the March break, the Canadian Museum of Immigration at Pier 21 is offering Rhythm Around the World.
- For athletic kids, Dalhousie and Saint Mary's University are among those offering sports camps.

JON TATTRIE

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► Mooseheads forward Andrew Ryan tries to pot a goal against the Saint John Sea Dogs earlier this season.

Chance for Moose pair to make up for lost time

► CHL Top Prospects skills competition begins Tuesday at 11 p.m. ► Puck drops for annual Team Cherry-Team Orr game on Wednesday at 11 p.m.



**MATTHEW
WUEST**
@METRONEWS.CA

Martin Frk and Andrew Ryan are starting to feel more like themselves at just the right time.

The 18-year-old forwards both suffered pre-season injuries that derailed their NHL draft seasons before they had even started. Ryan broke his ankle on Aug. 31 and missed 79 days and Frk suffered a concussion on Sept. 2 and sat out for 97 days.

But with Frk on a hot

Shooting star?

Martin Frk said he's never had his howitzer slap shot clocked, but he'll get his chance during Tuesday night's skills competition.

streak and Ryan feeling more jump in his step, the duo are in Kelowna, B.C., this week to compete in the Canadian Hockey League Top Prospects extravaganza starting Tuesday.

"I'm a lot excited — I don't play too much this

year, so it's great for me," Frk said. "It's the best players my age so I'm very excited."

Frk, ranked 25th among North Americans by Central Scouting, had just one point in his first nine games back, but in nine games since, has six goals

and six assists. Ryan, 64th on Central Scouting's list, has nine points in 25 games and said he's "starting to feel 100 per cent."

A bevy of scouts will be on hand in Kelowna, and many will give Frk and Ryan an extra look due to their limited early season viewing.

"It's an opportunity to show what I've got but it's something I'm trying not to think too much about," Ryan said. "I know how big this is, but I just want to go out there and try to do what I can."

Claros says refs were 'inventing fouls'

Halifax Rainmen head coach Josep (Pep) Claros had scathing words for the officiating after a loss to the last-place Moncton Miracles on Monday.

The host Miracles overcame a 34-15 first-quarter deficit by outscoring the Rainmen by a whopping 30-point margin over the final three periods in a 102-91 National Basketball League of Canada upset.

"It was a circus," Claros said. "We played the first 24 minutes in a game, and then we played a circus. I didn't come to Canada to be a part of this circus, I tell you."

Claros, who is from Barcelona, said the Rainmen played "absolutely awesome," but that the refs "put (the Miracles) in the game minute-by-minute, inventing fouls." He said he spoke on the phone with NBL Canada director of officials Mike Homsy immediately after the game and hopes disciplinary action will be taken.

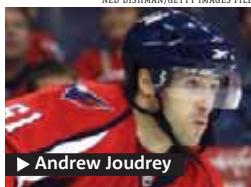
"What happened here is unacceptable in a professional league," Claros said. "It can't happen again. It's absolutely ridiculous."

Rainmen owner Andre Levingston co-founded the NBL Canada when concerns over biased officiating caused him to disassociate his franchise from the Premier Basketball League last April.

Ex-Rainmen guard Trayvon Lathan torched his former team for 29 points and 10 rebounds. Lawrence Wright led Halifax (17-9) with 16 points.

● **MATTHEW WUEST**

Joudrey joins Jackets on road



NED DISHMAN/GETTY IMAGES FILE

Joudrey, a former Washington Capitals draft pick who turned pro in 2007 after winning an NCAA

championship, has appeared in 321 minor-league games.

The two-time Calder Cup AHL champion didn't even have an NHL contract last season, but the Blue Jackets signed him last summer to a two-year deal totaling \$240,000 US at the minor-league level and \$1.175 million at the NHL level.

● **MATTHEW WUEST**

SOCER

Ezurike gets Canadian U-20 invite

Lower Sackville's Nkem Ezurike is one of 22 players who will vie for spots on the Canadian women's under-20 soccer team at a selection camp in San Jose, Costa Rica, starting

Feb. 13.

Ezurike, a sophomore striker with the Michigan Wolverines, is tied for third in Big 10 conference goal scoring with eight in 10 games. She's also second with an average of four shots per game.

Twenty players will be selected from the camp for the CONCACAF women's under-20 championship starting March 1 in Panama. ● **METRO**

Crosby not unhappy with Pens' medical staff, says coach

► Star may have played with two damaged vertebrae in his neck

The news that sidelined Pittsburgh star Sidney Crosby may have played with two damaged vertebrae in his neck caused a major stir during the NHL all-star weekend, but Penguins coach Dan Bylsma insisted his captain is not unhappy with the team's medical staff.

Crosby pushed himself during a contact-free but demanding 45-minute workout Monday, only days after learning he had a potentially serious neck injury in addition to a concussion.

"I feel, Sidney feels, he's gotten every possible support from the Penguins and the Penguins' medical staff in the situation he's in, to try to find an answer to where he's at, what his condition is, what is his best road for recovery," Bylsma said. "He's gotten every available support from both the Penguins and from our medical staff and going other places and getting medical treatment. That's how we feel about it and I know Sidney feels the same way."

Teammates said Crosby's extensive workout with two other injured teammates was easily his best since he last played on Dec. 5 — he has practised only once since then — and offered hope that the NHL's biggest star might

"He was pretty excited about being back on the ice and being back with some of his teammates."

PENGUINS COACH DAN BYLSMA

return this season.

If only they knew when.

An unidentified third-party physician is currently reviewing Crosby's case and, until his findings are revealed, the Penguins do not know much longer their superstar will be further sidelined. He has played only eight games since Jan. 5, 2011.

"Physically he's looked a lot better the last couple of weeks," defenceman Brooks Orpik said. "He looks a lot more upbeat. And if that's the case, maybe he can put some of this stuff behind him and move forward without any precaution, I guess."

Despite Crosby's two extended layoffs since he was first sidelined with a concussion nearly 13 months ago, Bylsma said there hasn't been any guessing about Crosby's condition.

Pittsburgh hosts Toronto on Tuesday, and it will be the 22nd game Crosby has missed during his latest concussion-related layoff.

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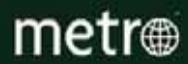
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Solid Pine Double Headboard This headboard for a double bed is in great condition. email: liona@live.ca or text or call 902-499-9701 \$40

Water Cooler This water cooler originally purchased from Sparkling Springs is in great condition. email: liona@live.ca or text or call 902-499-9701 \$40

Window Air Conditioner For Sale Window Air Conditioners \$100, \$600 & \$600 BTU's either one for \$50.00 all in good condition. Please call 492-8577

PERSONALS

Personals

Body of a 21-Year Old on Red Hot Cougar!
www.RedHotCougar.com
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Business Personals

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ZAP your cravings with laser therapy!
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(Some conditions apply) 20 yrs exp 452-3138

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Psychics

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Mortgages



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I can help!!
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(902)830-7079

HEALTH & BEAUTY

Health Practitioners



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902-444-3111

Fitness

ZUMBA Fitness Classes starting Feb 7th.
Farrell Hall, Dartmouth. Tues and Thurs
6:30pm Drop-in or preregister for added
savings. www.sharavickers.com 981-4986

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General Services

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ANNOUNCEMENTS



Miscellaneous

Miscellaneous

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20% OFF BURIAL PLOTS (Traditional & Cremation)
15% OFF FLAT BRONZE MEMORIALS + FREE INSTALLATION
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Act Now - Offer Expires Jan 31/12*

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LOOKING TO MAKE A CAREER CHANGE?

Read **metro** work every Monday & Wednesday.

NEED COOL DESIGN TIPS?
Read **metro** home every Thursday.



Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

100's of 1000 Piece Jigsaw Puzzles
Your choice \$1.00 each
Please call **902-477-5266**

4 x 14" Winter Tires
Like new 175 70R 14"
used one season \$100
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LOOKING FOR: Tall Book Case
(Willing to pay a small amount)
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SPORTS COLLECTORS 1000's of cards.
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2 glass shelves, bottom has storage space
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Modern Dining Room set for sale
6 regular chairs & 2 Captain chairs. Buffet,
Hutch and Wine Rack. New Condition
Asking \$3000 Call 407-9735

TWIN SIZE BED WITH MATTRESS DARK WOOD, used only 2
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\$150.00

2003 PONTIAC GRAND AM
6 cyl, standard, very good body
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Don't wait until Spring, Sell Your Stuff
Call: 1-800-527-6767
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Independence Day 1776 Liberty Bell
About 1 foot high
Offers invited
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with Birch Head board
\$375.00
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Gum & Candy Machines
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p235/75r15 Good condition
Mud and Snow \$150
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\$100.00
902-869-2422

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Yellow gold with diamonds. Have appraisal
certificate. Valued at \$5400
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Crossword

Across

1 "OK"
5 Unruly crowd
8 Trail
12 Creche trio
13 Flightless bird
14 Great Lake
15 Important campaigns
17 Streamlet
18 Beerlike beverage
19 Triumph
20 Choir's rendition
21 Historic time
22 Greek cross
23 Sucker
26 Processions
30 Grand story
31 Moving truck
32 Use an old phone
33 Video-game parlors
35 Irritable
36 Snapshots, for short
37 Ph. bk. data
38 Inexpensive
41 Atmosphere
42 Eggs

45 Highway

46 Soldiers' "pineapples"

48 Differently

49 And so on (Abbr.)

50 Sweater eater
51 Drenches

52 Old soap ingredient

53 Helen's home

Down

1 Village People hit

2 Count's counterpart
3 Malaria symptom

4 — and hers
5 TV, radio, et al.
6 Portent
7 Greyhound vehicle
8 Convinces
9 Met melody
10 Work the soil
11 Steerer's place
12 Wrong
20 Standard
21 Adventures of a sort
22 Catch some rays
23 Pod dweller
24 Spring mo.
25 Twitch

26 — de deux
27 Insult (SL)
28 Dine
29 Crafty
31 Annoy
34 Party bowlful
35 Ripped
37 Family member
38 Coxswain's group
39 Pit
40 Right on the map?
41 Bohemian
42 Stench
43 No from the White House
44 Wan

46 Toothpaste type
47 Qty.

► Monday's answer



Today's horoscope



Aries March 21-April 20

Put your worries and woes — such as they are — behind you today and do things that remind you how good it is to be alive.

Taurus April 21-May 21

If you dream about moving up in the world and of being someone special, now is the time to make it happen.

Gemini May 22-June 21

Whatever restrictions you have been under these past few weeks seem to be disappearing fast.

Cancer June 22-July 22

Stick to the facts today, especially when dealing with money matters.

Leo July 23-Aug. 23

Life should be about people, not profits.

Virgo Aug. 24-Sept. 22

If you are not sure which of your many brilliant ideas you should be following at the moment just ask a friend or a trusted colleague for their opinion.

Libra Sept. 23-Oct. 23

You seem to be in an optimistic mood at the moment and that's great because all things are possible at this time of year.

Scorpio Oct. 24-Nov. 22

Sometimes you can be rather thin-skinned and there is a danger you will react to provocation today, be it real or imagined.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sagittarius Nov. 23-Dec. 21

Even if you say the wrong things today you will get away with it.

Capricorn Dec. 22-Jan. 20

You can and you must turn your attention to matters of a business and financial nature.

Aquarius Jan. 21-Feb. 18

Good things are starting to happen in your life and there will be plenty more of them over the next two or three weeks.

Pisces Feb. 19-March 20

Sometimes you can be rather thin-skinned and there is a danger you will react to provocation today, be it real or imagined.

• SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

My Prince
I am sooooo in Love with you!! I want to wrap my arms around you and never let you go! XO
FROM YOUR DIRTY GIRL

tigress
i'd almost sleepwalked away from you, now i'm turning around. my masks are off and it's only you in my heart.
I want you
YOUR PASSIONATE, DRAGON PRINCESS

BK
A day without laughter is a day wasted. Let's never waste another day. I love you
FROM KC

MehnerKing
Happy 1 Year Anniversary, Babe! I love you. You're the best babe ever, and you take the best care of me! I love you every minute of everyday. You're the hottest. Thank you for all you do. I love you most! xo
FROM LIL PRINCESS BEAUTIFUL

Today



-5°/-7°
Partly cloudy

Wednesday



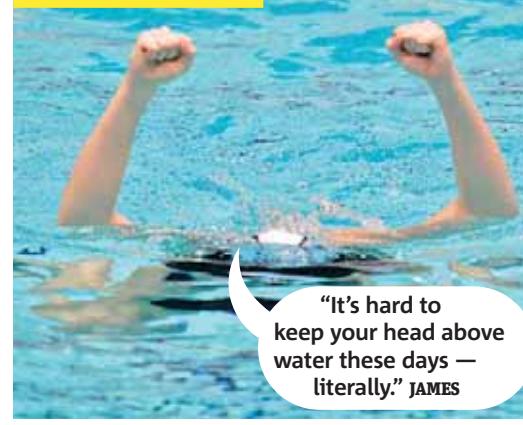
2°/-3°
5-10cm of snow
90%

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The Weather Network HD

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Caption contest



PETER DEJONG/THE ASSOCIATED PRESS

"It's hard to keep your head above water these days — literally." JAMES



NORBERT MILLAUER/DAPD/THE ASSOCIATED PRESS

You write it!



Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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